

THE TALON

MCAS IWAKUNI H&HS
FAMILY READINESS PROGRAM NEWSLETTER



April 2009



I hope you are all doing well and enjoying this great spring weather. As some may already know, I, Major Mike K Jeron, have taken over the reins of H&HS XO. I am married to Mrs. Leslie "Lilly" Jeron and we have a five year-old daughter, Ohana. Originally a helicopter pilot, we have been stationed in Kaneohe Bay, Hawaii and Twenty-nine Palms, California. Lilly and I are veterans of Iwakuni as we participated in two UDPs here from Hawaii, and all three of us are veterans of

Iraq. With the deployments I have missed a significant portion of time with the family and can appreciate the strain it puts on relationships. To echo the command, a ready family is a force multiplier as it frees the Marine or Sailors' mind from having to worry about his family. The command and I will do everything we can to assist in preparing the member and the family. To that end, my door is open if a family or service member needs any help or advice, especially on family matters.

*Sincerely,
Mike K. Jeron*



**Commander's Cup
The "300" Challenge**

SSgt Dominique Laboy
participated in the 300 and got
the fastest score of 12:02. See
Page 2 for more information

As the heat index rises so do the chances of heat injury

Courtesy of Military-One-source

Heat stress is a condition that occurs when the body can't cool itself sufficiently by sweating. The most serious forms of heat stress are heat exhaustion and heat stroke. These conditions can affect people of all ages. The human body is always producing heat, which it releases through sweat and the skin. Heat stress results when the body generates more heat than it can let off and its temperature sharply exceeds the normal 98.6 degrees Fahrenheit. The following are some factors that may contribute to heat stress:

- high temperatures and humidity
- direct sun or heat
- limited air movement or circulation (poor ventilation)
- physical stress or exertion
- poor fluid intake or dehydration
- having a low tolerance for heat or hot places
- being in poor health
- some medications



Warning signs of heat stress and what to do

In hot weather, many people experience the signs of mild heat stress -- feeling hot and uncomfortable and having little energy. If you experience those signs, get out of the heat and cool off with a cool shower, bath, or sponge bath. Seek medical help if the signs persist after you have taken steps to cool off.

Symptoms of heat exhaustion include:

- headaches, dizziness, light-headedness, or fainting
- weakness
- moist skin
- mood changes such as irritability or confusion
- upset stomach or vomiting

The symptoms of heat stroke include:

- dry, hot skin with no sweating
- mental confusion
- loss of consciousness
- seizures or fits



Tips on preventing heat stress

You can take many steps to prevent heat stress, especially in hot weather.

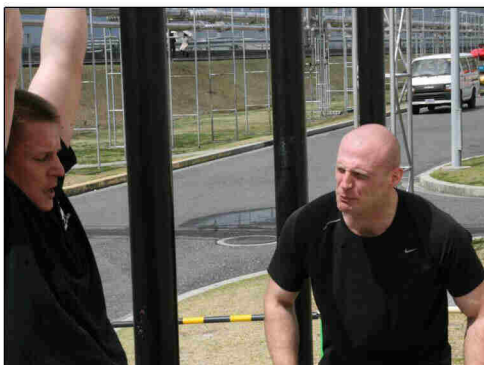
- Stay in the coolest room at home
- Use fans. Air movement helps to reduce excess body heat.
- Block out direct sunlight and heat sources. Pull down shades and close Venetian blinds, or curtains
- Wear loose-fitting, lightweight, light-colored clothing. Light colors reflect sunlight, while dark colors absorb it. Natural fibers are cooler than synthetic ones.
- Wear a hat with a brim or carry an umbrella when you're outdoors. Limit physical activity on hot days. In hot weather, physical activity makes you warmer
- Stay out of direct sunlight, especially between 10 a.m. and 4 p.m. when the sun's rays are strongest.
- Park your car in the shade whenever possible, or use sun shades in your windshield
- Eat a healthy diet. Avoid heavy meals.
- Stay hydrated. Water is the best fluid to drink to avoid dehydration. Avoid caffeine, as it may increase your urination and actually lead to dehydration.

The Commander's Cup Challenge

The **Commander's Cup Challenge 2009**, is the ultimate unit PT year-long challenge for active duty units aboard MCAS Iwakuni. Activities, events and challenges take place every month, February through October. Each monthly challenge has prizes for the 1st and 2nd place teams, as well as points earned towards the overall Commander's Cup Challenge. In addition to monthly challenges, units can earn bonus points by participating in other activities. The team/unit who earns the **MOST** points by the end of the year (October 09) will be awarded the traveling Commander's Cup Trophy, \$500 unit party fund, and will be known as the **FITTEST Ultimate Warriors** aboard MCAS Iwakuni

Points to date:

H&HS Ops: 134
MWSS 171: 112
CLC 36: 100
MALS 12: 100
BHC: 90
H&HS HQ: 80
MAG 12: 30
PMO: 20
Logistics: 20



Congratulations to Operations. They have been the only team who has participated in every single event.



Japanese Spouses L.I.N.K.S.

海兵隊家族生活のためのクラス

Yujo Hall Multi Purpose Room

Tuesday, April 28

8:30 a.m. - 2:30 p.m.



- The Corps & Staying Marine 海兵隊について
- Base Resources 基地の施設やプログラム
- Pay Day 基本給与と諸手当について
- Separation & Deployment 配偶者の出張
- Crossroads 転勤にあたって
- Getting Along コミュニケーション
- Culture 異文化

Lunch will be provided.

お昼を用意しています

Childcare vouchers upon request.

チャイルドケア用のクーポン券があるので、詳しくは電話で聞いてください

Reserve your seat today!

早速 L.I.N.K.S にサインアップをお待ちしています！

います！

Marine Corps Family Team Building

☎253-3754



H&HS Four-Man Scramble

May 22, 2009

Tee-time 1200

\$15 per person pre-registration

\$18 day of tournament

H&HS Memorial Day Family Picnic

4 to 7 p.m. in grass area by Golf Pro Shop

Hamburgers, hotdogs, and all the fixin's

There will be bouncies and face painting for the kids

To register or for more information please contact

Lou Genzer at 253-3526 or lou.genzer@usmc.mil

A WORD FROM THE FRO



Hope all is going great for everyone. I don't know if it's my job or what, but I feel like the year is just flying by. Pretty soon the kids will be out of school and summer will be upon us. With that comes Typhoon Season, black flags and the potential for heat incidents. So please read the articles I have included in this

newsletter for some useful information. But instead of rushing the year even more, let me concentrate on this month for a minute. By now you know that April is "month of the military child," but did you know that it was established in 1986 to acknowledge all the sacrifices that military children have to make; such as enduring separations, moving often, being away from their immediate families and so many others. I think it should also be a month to celebrate having the honor of being a military child. While it's definitely true that a military child has to overcome unique challenges, these same experiences not only make them stronger, but it also allows them to experience things many kids only read about in books. Read my sidebar for some facts about being a "military brat" that are sure to make you smile.

The other thing I want to share with you is the wonderful experience I had using the patriot express to fly to Okinawa. It was so easy, convenient and of course cheap. We showed up at 0900 as instructed and were off by around 1300. The flight is only one and half hours so you get there just in time to beat the crowd at Chili's or Macaroni Grill. Now the return back is just a little more time-consuming because you have to be there at 0430 and there are a lot of people, but if you are just coming to Iwakuni you will be one of the first to be called. So just go prepared with magazines, books and some snacks and it goes by fast and you will be back by around 1030. If you really want to know the ins and outs please attend the Space-A class at MCFTB on April 23. Let me know if you would like to attend.

As always, I just want to close with saying, I look forward to seeing you at all our activities. Please cut-out the Calendar on page 4 and post it on your refrigerator.

See you soon,
Lou Genzer

YOU KNOW YOU ARE A MILITARY BRAT IF...

- ...it's perfectly acceptable not to write to your friends and still be considered a good friend.
- ...kids that were in your 2nd grade class in Jacksonville, N.C. were in your 9th grade class in Iwakuni, Japan.
- ...you don't really know the answer to the question "what is your home town."
- ...you have spent more time on a military base than in a real town even though you've been a civilian all your life.
- ...you live in one state and your father/mother lives in another because they were newly stationed there.
- ...you are amazed at people who lived somewhere more than three years.
- ...you can text your best friend who lives across the world.
- ...you are amazed at people who have never seen foreign currency.
- ...you have been asked "where did you learn to speak English so well?"
- ...your 10th birthday is the most exciting because you get an ID card and can finally go to the BX by yourself.
- ...at 22 you are trying to find someone in the military to marry so you can get a new ID card.
- ...you can call up actual memories of a country while you're in Geography class.
- ...you CAN'T speak the language of the country in which you were born.
- ...you can talk to anyone and everyone from anywhere and everywhere.
- ...you don't feel quite right seeing military personnel younger than you.
- ...you don't really know how to answer the question "what is your hometown."
- ...you draw a quick map of the world to show someone where you last lived.
- ...every room you've ever had was stark white and you couldn't put nail holes in the walls.
- ...one of the rarities that makes you tear up is a poem about a Marine.
- ...there's a sword on your mantle, and it's not unusual that your parents take it down and wear it at fancy occasions.
- ...the Yard of the Month competition gets cut-throat, since that's the only way to tell the houses apart.
- ...you want your parents to get a promotion so you can have the bigger house on the next base you move to.
- ...you are only the "new kid" for three days, because then the next new kid moves on base.
- ...you feel personally offended if some one says something bad about the Marines.
- ...you get a free ticket home, and home happens to be in Japan, because you're in college and your family is stationed over there.
- ...you call every convenience store a shoppette.



KIDS-N-THE MIDST

HELP YOUR KIDS GET ON THEIR **F.E.E.T.** !

These four venues are designed to give children **F.E.E.T.**
Fun, Education, and Exciting Tools that help kids ages 5-10 with military life during deployment

Enjoy: crafts, a puppet show and an extra special surprise!

Marine Corps Family Team Building

Presented by:
Readiness & Deployment Support

Register by: April 23
☎ 253-3754

**SATURDAY
APRIL 25
9 a.m. - 12:30 p.m.**

For Parents:
Large and small group discussions with topics such as:
how children communicate,
family roles and routines during deployment,
how to keep children in touch with their deployed parent, and much more.

Deployment can be emotionally challenging for families, especially children.

PARENTS-N-THE MIDST

DON'T FORGET TO CONGRATULATE THESE MARINES ON THEIR RECENT PROMOTIONS



MARCH

LCPL AHSHA CARLSON
LCPL ROBERT COOPER
LCPL RAFAEL CRUZ
LCPL MATTHEW DIXON
LCPL RUNYA FAESSER
LCPL KEVIN FRAZIER
LCPL DAVID GURNEY
LCPL GORDON HALE
LCPL STEVEN LEWIS
LCPL GARY MARTIN
LCPL JOHN RAUFMANN
LCPL ROBERT SCARPELLO
LCPL SAMUEL SHARP
LCPL CHENG SHEN
LCPL WILLIAM TURNER
LCPL ANDRE WEID

APRIL

LCPL ZAHID ALI
LCPL SHANE BERKERY
LCPL ROLLY HARSH
LCPL RYAN KERSCHNER
LCPL KENNETH KOHLER
LCPL BRADLEY STRICKLIN



MARCH

CPL AMBER BREWSTER
CPL ALEXANDER BROWN
CPL VICTORIA ENO
CPL DONALD RUGGIERI
APRIL
CPL MELVIN GUILAMO
CPL THIAM KEE
CPL MATTHEW MELLO



MARCH

SGT ROBERT FIGUEROA
SSGT CAVEL WALLEN



MARCH

SSGT SHANE WHITED



APRIL

GYSGT JORGE JEREZ

DATES TO REMEMBER

- ☐ 22 April 4:30 to 6:30 p.m.
H&H Spouses Get-together Bldg 906
- ☐ 23 April 10 a.m. and 6 p.m.
Space-A Class MCFTB.
- ☐ 25 April 9 a.m. to 5 p.m.
Fish Tales Marina opens for the season
- ☐ 25 April 9 a.m. to 12:30
Kids and Parents in the Midst
call MCFTB for details at 253-3542
- ☐ 28 April 8:30 to 2:30 p.m.
LINKS for Japanese spouses
call MCFTB for details at 253-3542
- ☐ 5 May Friendship Day
- ☐ 22 May H&H Golf Tournament and Family Picnic
Golf tournament at 12 p.m./Family Day 4 p.m.
- ☐ 23 May
Outdoor Pool opens, see below for details
- ☐ 26 May 7 to 10 p.m.
Seether live Concert at Main Field Parade Deck
- ☐ 28 May 6:30 to 8:30 p.m.
Four Lenses of Personality Contact MCFTB for details
- ☐ 29 May 11 a.m. to 1 p.m.
Commanders' Cup 2009 Event IV 2 Hrs of Power Extreme Run Relay
- ☐ June 11
Last Day of School

OUTDOOR POOLS OPEN!

Saturday May 23

Hours of Operation:

M-F 11:00 - 19:00

Sat, Sun. & Hol. 11:00 - 20:00

eKnowledge, NFL Players, & Department of Defense Provide Free SAT/ACT



eKnowledge & NFL players donate \$200 SAT/ACT prep courses



Corey Williams
NFL Packers



Mark Anderson
NFL Bears



Jon Bradley
NFL Bucs

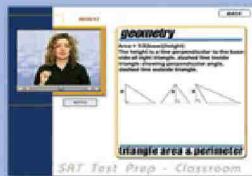


Scott Young
NFL Eagles

Through a major education initiative, eKnowledge Corp, NFL players, and the Department of Defense are providing FREE SAT/ACT test preparation assistance to all active duty and retired military and their dependants nationwide. This initiative has already donated and shipped over \$16,000,000 of SAT/ACT programs to more than 80,000 U.S. Military and their dependants worldwide.

SAT/ACT PowerPrep™

- High quality DVD or CD ROM set
- 11+ hours of video training
- 40+ hours of student participation
- 120 instructor video lessons
- 122 question/answer movies
- Study-at-home, at-own-pace
- Syllabus, schedule, and tracking



Quality Instruction

Scott K. Hildebrandt JD, MPA is an experienced attorney, and has authored several test prep programs. He teaches reading comprehension.

Kendall Wilkes MS is an experienced math and science teacher and a former aerospace scientist for Raytheon. Students learn math from a real "rocket scientist".

Todd Loomis M.Ed. is a gifted educator, administrator, and coach, who relates well with students while teaching writing.

Cindy Nunan is a seasoned vocabulary specialist whose love of words spills over in her teaching.

Doug Holland M.Ed. is an experienced award winning educator and administrator who brilliantly teaches grammar and language arts.

Get your Free \$200 PowerPrep course!

Go to:
www.eknowledge.com/military

Bakers Needed

To bake for Friendship Day fundraiser
Need cakes, cookies, brownies, and cupcakes.
If you are interested in helping please email at
lou.genzer@usmc.mil.



H&HS Spouses Get-together



Wednesday April 22, 2009
4:30 to 6:30 p.m.
Bldg 906 Community Room

Come and enjoy an evening of light conversation, information and delicious treats.